



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01206, Cream substitute, flavored, powdered

Report Date: July 11, 2017 14:39 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 tsp 12g
Proximates					
Water	g	1.52	--	--	0.18
Energy	kcal	482	--	--	58
Energy	kJ	2018	--	--	242
Protein	g	0.68	--	--	0.08
Total lipid (fat)	g	21.47	--	--	2.58
Ash	g	0.79	--	--	0.09
Carbohydrate, by difference	g	75.42	--	--	9.05
Fiber, total dietary	g	1.2	--	--	0.1
Sugars, total	g	58.01	--	--	6.96
Minerals					
Calcium, Ca	mg	5	--	--	1
Iron, Fe	mg	0.63	--	--	0.08
Magnesium, Mg	mg	17	--	--	2
Phosphorus, P	mg	28	--	--	3
Potassium, K	mg	90	--	--	11
Sodium, Na	mg	123	--	--	15
Zinc, Zn	mg	0.23	--	--	0.03
Copper, Cu	mg	0.135	--	--	0.016
Manganese, Mn	mg	0.140	--	--	0.017
Selenium, Se	µg	1.3	--	--	0.2
Fluoride, F	µg	0.6	--	--	0.1
Vitamins					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 tsp 12g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.004	--	--	0.000
Riboflavin	mg	0.027	--	--	0.003
Niacin	mg	0.084	--	--	0.010
Pantothenic acid	mg	0.009	--	--	0.001
Vitamin B-6	mg	0.004	--	--	0.000
Folate, total	µg	1	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	1	--	--	0
Folate, DFE	µg	1	--	--	0
Choline, total	mg	0.5	--	--	0.1
Betaine	mg	0.0	--	--	0.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	1	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.41	--	--	0.05
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	9.1	--	--	1.1
Lipids					
Fatty acids, total saturated	g	19.446	--	--	2.334
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.903	--	--	0.108

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 tsp 12g
10:0	g	0.903	--	--	0.108
12:0	g	7.518	--	--	0.902
14:0	g	3.025	--	--	0.363
16:0	g	2.373	--	--	0.285
18:0	g	4.742	--	--	0.569
Fatty acids, total monounsaturated	g	0.618	--	--	0.074
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.618	--	--	0.074
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.229	--	--	0.027
18:2 undifferentiated	g	0.229	--	--	0.027
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Phytosterols	mg	18	--	--	2
Amino Acids					
Tryptophan	g	0.010	--	--	0.001
Threonine	g	0.027	--	--	0.003
Isoleucine	g	0.026	--	--	0.003
Leucine	g	0.045	--	--	0.005
Lysine	g	0.033	--	--	0.004
Methionine	g	0.008	--	--	0.001
Cystine	g	0.009	--	--	0.001
Phenylalanine	g	0.033	--	--	0.004
Tyrosine	g	0.025	--	--	0.003
Valine	g	0.040	--	--	0.005
Arginine	g	0.038	--	--	0.005
Histidine	g	0.012	--	--	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 tsp 12g
Alanine	g	0.032	--	--	0.004
Aspartic acid	g	0.066	--	--	0.008
Glutamic acid	g	0.104	--	--	0.012
Glycine	g	0.030	--	--	0.004
Proline	g	0.031	--	--	0.004
Serine	g	0.029	--	--	0.003
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	3	--	--	0
Theobromine	mg	92	--	--	11